



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-13-12)

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**100364 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE,
LOW-SODIUM, #10**

Nutrition Information

CATEGORY	<ul style="list-style-type: none">• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">• U.S. Grade A canned dry pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
PACK/YIELD	<ul style="list-style-type: none">• 6/#10 cans per case. Each can contains about 108 oz beans and sauce.• One #10 can AP yields about 11 $\frac{3}{4}$ cups heated vegetarian beans with sauce and provides about 47.1 $\frac{1}{4}$-cup servings heated vegetarian beans with sauce OR about 23.55 $\frac{1}{2}$-cup servings heated vegetarian beans with sauce.• CN Crediting: $\frac{1}{4}$ cup heated, drained vegetarian beans provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup heated vegetarian beans with sauce provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">• Store unopened canned vegetarian beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.• Store opened canned vegetarian beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Beans, baked, vegetarian with sauce, canned

	$\frac{1}{4}$ cup (64 g)	$\frac{1}{2}$ cup (127 g)
Calories	60	119
Protein	3.02 g	6.03 g
Carbohydrate	13.53 g	26.85 g
Dietary Fiber	2.6 g	5.2 g
Sugars	5.09 g	10.11 g
Total Fat	0.23 g	0.47 g
Saturated Fat	0.045 g	0.090 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.76 mg	1.51 mg
Calcium	22 mg	43 mg
Sodium	70 mg	140 mg
Magnesium	17 mg	34 mg
Potassium	143 mg	284 mg
Vitamin A	69 IU	137 IU
Vitamin A	3 RAE	6 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.10 mg	0.19 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.• Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Serve vegetarian beans heated or use in casseroles or in baked beans.• Serve vegetarian beans with pork and chicken.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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